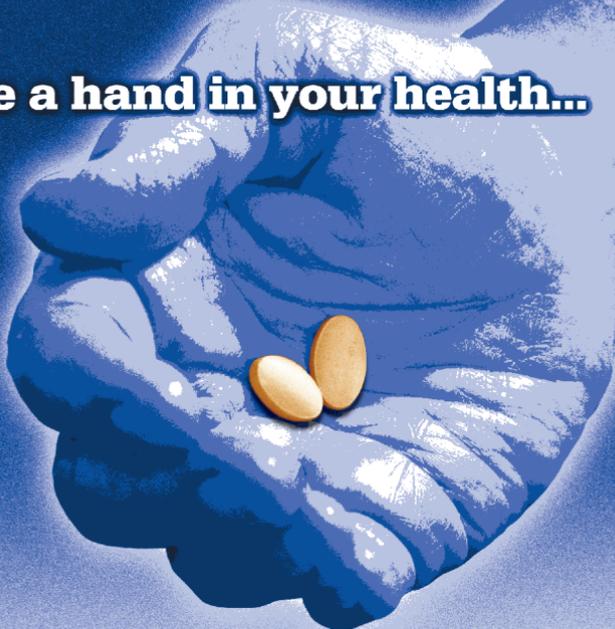


**You have a hand in your health...**



**with the safe and effective  
use of your medicines.**

**W**hen you use your medicines as directed, you increase their safety and effectiveness. But, if your treatment plan doesn't fit your schedule, lifestyle, or habits, following it can be hard. Other concerns important to you, such as cost, convenience, and side effects, can make it even harder.

**S**peak up

**A**sk questions

**F**ind the facts

**E**valuate your choices

...with your health care professionals

**Have a hand in your health decisions. Together with your health care professionals, agree on a medicine treatment plan that works for you.**



U.S. Department of Health and Human Services  
Food and Drug Administration  
[www.fda.gov/cder](http://www.fda.gov/cder)  
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